



Month: June Week: 2 Subject: Physical Health & Growth

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| Day 1 | Topic(s) | Foundation(s) |
| | Theme: Outdoor Explorers Number: 17 Letter: Pp Color: Yellow Shape: Pentagon | PHG2.2 Demonstrate development of body awareness and physical activity |
| Indicators | Younger Preschool | Older Preschool |
| | May imitate stretching movements with support. | May perform and name basic stretches with control and balance. |

Activity: Stretch for Hiking

Teach a warm-up routine using animal and hiking-themed stretches. Include movements like reaching for tree branches, touching toes, twisting, and stepping like climbing rocks. Repeat with a chant or rhyme to make it fun and memorable. Emphasize moving safely and listening to their bodies.

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| Resources/Materials <ul style="list-style-type: none"> • Yoga mats or towels • Visual stretch cards (optional) | Key Vocabulary: stretch, reach, move | Support: |
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| Day 2 | Topic(s) | Foundation(s) |
| | Theme: Outdoor Explorers Number: 17 Letter: Pp Color: Yellow Shape: Pentagon | PHG3.1 Demonstrate development of fine and gross motor coordination |
| Indicators | Younger Preschool | Older Preschool |
| | May mimic large movements such as crawling or climbing. | May combine gross motor actions in a sequence. |
| <p>Activity: Explorer Moves</p> <p>Set up an action routine with movements like climbing, crawling under logs, hopping over puddles, and tiptoeing across a log. Children act out each move as if they're on an explorer trail. Repeat the sequence as a group challenge or in stations.</p> | | |
| Resources/Materials <ul style="list-style-type: none"> Space markers or cones | Key Vocabulary: climb, jump, crawl | Support: |



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| Day 3 | Topic(s) | Foundation(s) |
| | Theme: Outdoor Explorers Number: 17 Letter: Pp Color: Yellow Shape: Pentagon | PHG2.2 Demonstrate development of body awareness and physical activity |
| Indicators | Younger Preschool | Older Preschool |
| | May follow guided movements through play spaces. | May recall and perform a sequence of hiking moves. |

Activity: Indoor Hike Game

Create a pretend hike indoors using signs that say “hop here,” “duck low,” or “balance.” Move children through the space using verbal directions and music. Incorporate body awareness by asking, “What muscles do we use when we climb?”

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| Resources/Materials <ul style="list-style-type: none"> • Trail signs • Cones or mats • Music player | Key Vocabulary: hike, path, move | Support: |
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| Day 4 | Topic(s) | Foundation(s) |
| | Theme: Outdoor Explorers Number: 17 Letter: Pp Color: Yellow Shape: Pentagon | PHG2.2 Demonstrate development of body awareness and physical activity |
| Indicators | Younger Preschool | Older Preschool |
| | May walk across low surfaces with help. | May balance independently and vary walking speed. |

Activity: Balance Walk

Create a path with tape or a balance beam. Encourage children to walk slowly, heel to toe, across the trail. Add challenges like balancing a beanbag or turning around. Reinforce safety and encourage focus and confidence.

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| Resources/Materials | Key Vocabulary: | Support: |
| <ul style="list-style-type: none"> Balance beam or floor tape Beanbags or scarves | balance, careful, walk | |



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| Day 5 | Topic(s) | Foundation(s) |
| | Theme: Outdoor Explorers Number: 17 Letter: Pp Color: Yellow Shape: Pentagon | PHG1.1 Demonstrate development of healthy practices |
| Indicators | Younger Preschool | Older Preschool |
| | May run, jump, or follow rules with support. | May participate in group games with turn-taking and body control. |
| <p>Activity: Outdoor Games</p> <p>Set up stations with simple games like "Follow the Leader," "Nature Freeze Tag," or "Jump the Log." Teach basic rules and focus on moving safely, taking turns, and using gross motor skills. Celebrate teamwork and effort, not speed or winning.</p> | | |
| Resources/Materials <ul style="list-style-type: none"> ● Cones or markers ● Jump ropes, hoops ● Game visuals (optional) | Key Vocabulary: run, jump, play | Support: |